

## **About Noelle Augustyn:**

I grew up watching my father, brother and oldest sister lift weights, box and dance. So fitness was a given in my life. However, I was never able to gain much weight. I was able to eat whatever I wanted, mostly bread and sweets and still never broke 100lbs. 6 months after I gave birth to my first daughter my best friend and hero.. My Father passed away at the young age of 63 of a heart attack. I vowed on that day I would compete in his honor and make him proud. Time passed and I gave birth to my second daughter. My dreams of being a competitor went out the window with the new stretch marks that had graced my body. 16 years later I decided to get over myself, put down my insecurities and deliver on my promise to compete.

I got a trainer and trained for about 6 months. They quickly learned my body responded differently than most to foods and diet. I couldn't do any cardio because I lose too much too fast. My first competition was July 2013- I had to gain weight for it and managed to get up to about 113lbs, then the last week lost 6lbs and placed 6<sup>th</sup>. Judges said I came in 'too lean'. Then November, 2013 was my second competition. This was the biggest show Arizona had ever seen with over 500 competitors. After gaining 15lbs in muscle, I placed 4<sup>th</sup> place in Jr. Masters and Bikini open class D.

Being someone that struggled with self-esteem for so long and body image, this was a huge feat for me. But because of certain reasons, I really wasn't able to enjoy the victory. I was also fed the belief that my tattoos and the color of my skin were strikes against me in competing. Battling this belief I took a chance and went to California this past weekend, December 14<sup>th</sup> 2013. I was out of my comfort zone, I knew no one. My coach wasn't there, my trainer wasn't there. I was told they favored the locals anyway so I didn't get my hopes up. I felt all odds were against me. But I stood tall and proud and got up on stage and gave it all I had in me.

When I placed 1<sup>st</sup> I was stunned. Then I won overall in the Masters Bikini 35+ Division. It was completely surreal. I am so grateful and SO humbled by this experience. I have been contacted by many people that have also been afraid to compete because of stretch marks or self-esteem or beliefs that others have put in their heads. I want to go as far as I can in this sport to have a platform to let women and men alike know that they are not alone in their fears and struggles. And if they don't believe in themselves they won't achieve a thing. The ONLY person's opinion that matters is your own. Limitations are things that are learned and can be unlearned. I've seen people with no limbs up on stage, so I have no excuse not to at least try. I wish I would have had a role model when I was just starting out that understood my plight, someone accessible that I could have corresponded with somehow, I want to be that for others. I'm feeling blessed and excited to be a part of the fitness community and can't wait to continue to follow my dreams and make sure they come true. Next stop National stage and I will compete within the next year or two for my IFBB Pro card.

Feel free to contact me via email and I will be more than happy to help, give advice, hold your hand through the process or just encourage you. I also provide online coaching and training.

## **Competition History**

***NPC AZ Open-***

6<sup>th</sup> place

***NPC Western Regional-***

4<sup>th</sup> place in bikini open class D

4<sup>th</sup> place in Jr. Masters

***Excalibur***

1<sup>st</sup> place Masters Bikini Class A

Overall Winner Masters Bikini 35+